Stanford



Larissa Roux MD PhD

Adjunct Professor, Medicine - Primary Care and Population Health

Bio

BIO

Larissa Roux is a sport medicine physician and health economist. She completed medical school at the University of Alberta, and followed this with residency training in family medicine and a fellowship in primary care sport medicine at the University of Calgary, as well as advanced training in lifestyle medicine. She combined her clinical training with a master’s in public health at Harvard, and a PhD in health economics at the University of Calgary. Her interest in public health and health policy resulted in a post-doctoral fellowship at the US Centers for Disease Control, in Atlanta in the Division of Nutrition and Physical Activity. Although she has deeply enjoyed working with athletes and dancers, her main clinical interest has been in the optimization of human performance in patients with chronic conditions, including obesity, arthritis, and trauma. Her academic and health policy work has focused on the economic evaluation of competing therapies for obesity, and population-level physical activity promotion strategies in the US and around the world. Larissa's interest in data science and technology applications in global health contributed to an ongoing health information technology venture. She believes that innovative, tailored, multidisciplinary, and multimodal approaches to chronic disease have transformative potential in human health.